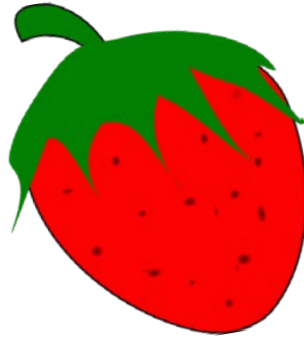
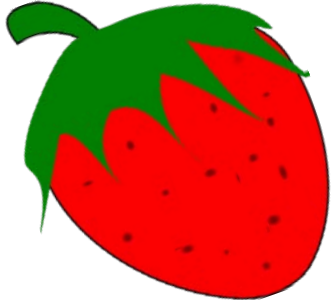


Strawberry Nutrition Fact Label Review Sheet



Visit this website and view video to gain more understanding of reading nutrition fact labels.

https://agclassroom.org/teacher/matrix/resources.cfm?rid=857&search_term_cr_lp=nutrition%20label



Directions: Complete Nutrition Fact Label Recording Sheet and Compare & Contrast Nutrition Labels

Nutrition Facts	
Serving size	about 8 medium pieces/1 cup (140g)
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein <1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 160mg	5%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Fact Label Recording Sheet

Servings

Directions:
Write or Type
your information
in the boxes.
Explain what
information
each part of the
nutrition label
provides.

Calories

Fats

Nutrition Facts

Serving size about 8 medium
pieces/1 cup (140g)

Amount per serving
Calories **50**

% Daily Value*

Total Fat 0g **0%**
Saturated Fat 0g **0%**
Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 10g **3%**

Dietary Fiber 2g **8%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

Protein <1g

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 0mg **0%**

Potassium 160mg **5%**

* The % Daily Value (DV) tells you how much a nutrient
in a serving of food contributes to a daily diet. 2,000
calories a day is used for general nutrition advice.

Added Sugars

Nutrients

Footnote

Side note:
Responses
should not be
information
from the
nutrition label.

Use this resource as a guide to possible answers, as well as a supporting lesson for understanding nutrition fact labels.

<https://agclassroom.org/teacher/matrix/lessonplan.cfm?lpid=666>

1. Servings

Standard serving sizes have increased to reflect what people actually eat and are in large, bold type. Single serve packaging now reflects 1 serving as the entire container.

2. Calories

"Calories" is now larger and bolder.

3. Fats

"Calories from Fat" has been removed. Research shows that the type of fat is more important than the amount.

Nutrition Facts			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
Amount Per Serving			
Calories	230	Calories from Fat	72
% Daily Value*			
Total Fat	8g		12%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	160mg		7%
Total Carbohydrate	37g		12%
Dietary Fiber	4g		16%
Sugars	12g		
Protein	3g		
Vitamin A			10%
Vitamin C			8%
Calcium			20%
Iron			45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat	8g 10%
Saturated Fat	1g 5%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	160mg 7%
Total Carbohydrate	37g 13%
Dietary Fiber	4g 14%
Total Sugars	12g
Includes 10g Added Sugars	20%
Protein	3g
Vitamin D	2mcg 10%
Calcium	260mg 20%
Iron	8mg 45%
Potassium	235mg 6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

4. Added Sugars

"Added Sugars" is new. It is represented in grams as well as % DV. These are sugars added during the processing or packaging of the food. Sugar, syrup, honey, sugars from concentrated juices, etc.

5. Nutrients

Vitamin D and potassium are now required. Vitamins A and C are not. The amount in milligrams or micrograms is included. Daily values for nutrients have been updated according to latest science.

6. Footnote

The footnote at the bottom of the label has changed to explain the meaning of %DV in the context of a total daily diet.

Compare & Contrast Nutrition Labels

Directions: Select 2 different foods from your research of strawberry and strawberry product foods. Compare and contrast these two food labels for similarities and differences in food nutrient values, calories, etc.



Food Label 1		Food Label 2	
Similarities	Differences	Similarities	